

# **“What Do I Do When I Believe In God But Am Ashamed Of My Past?”**

Various Scriptures

Principle: You are not your sins.

Principle: You are not what others have done to you.

Principle: You are a child of God.

What does guilt do?

1. Guilt destroys your confidence.
2. Guilt absolutely damages your relationships.
3. Guilt keeps you stuck in the past.
4. Guilt can keep you in bondage.

“Godly sorrow (conviction) brings repentance that leads to salvation and leaves no regret, but worldly sorrow (condemnation) brings death.” 2 Corinthians 7:10

“There is no condemnation for those who belong to Jesus.” Romans 8:1

“I am the God who forgives your sins and I do this because of who I am.” Isaiah 43:25

“Blessed is he whose transgressions are forgiven, whose sins are covered.....then I acknowledged my sin to you and did not cover up my iniquity. I said, “I will confess my transgressions to the Lord – and you forgave the guilt of my sin.” Psalms 32:1, 5

How can I forgive myself?

1. Recognize the problem

“Father, I realize I haven’t forgiven myself and am in bondage because of it. Revealing your feeling is the beginning of healing.”

2. Repent of sin

“I thank you father, for forgiving me for holding myself in bondage, for keeping myself from you, and for limiting your use of me.”

3. Reaffirm trust

“Father, I reaffirm my trust and my faith in the Word of God.”

4. Confess freedom and choose to receive it.

“Lord Jesus, on the basis of Your Word, by an act of my will, in faith, I here and now forgive myself because you have already forgiven me and I accept my forgiveness and I choose from this moment to be freed of all which I have held against myself. Please confirm my freedom to me by the power and presence of Your Holy Spirit.”

5. Refocus on the future

“Father, from this moment on, I am going to focus on You and the future that You have for me. I do this in Jesus’ name, Amen.”